VANCOUVER metro®

NEWS WORTH SHARING.

Syria agrees to hand over chemical arms

But a skeptical White House is still pressing for approval of military action to keep the heat on Assad regime PAGE 8

Sensible BC hot to trot to legitimize pot

Despite a less-than-hoped-for canvasser signup, group is ready to begin quest to 400,000 signatures PAGE 5

Is local man missing boy?

The DNA test results are in, ending weeks of talk that Michael Dunahee, who went missing in 1991 at age four, has been found PAGE 3

WOODWORKING, MINOR NUDITY AND THAT SEXY MOUSTACHE

ALL THINGS TO EXPECT WHEN SEEING NICK OFFERMAN ON TOUR WITH THE WIFE PAGE 11

Taliah Aquilini, centre, the estranged wife of Canucks co-owner Francesco Aquilini, leaves the British Columbia Supreme Court in downtown Vancouver on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Settlement to keep Aquilini secrets secret

Canucks unaffected. Complex divorce battle threatened to air dirty laundry, business facts

An explosive divorce trial that had the potential to reveal intimate personal and financial details about Francesco Aquilini, a co-owner of the Canucks and a member of one of B.C.'s wealthiest families, ended before it began Monday as Aquilini and his estranged wife announced a last-minute settlement.

The settlement eliminates the need for a lengthy trial in a case that has already laid bare allegations of adultery and ran the risk of revealing details about the Canucks ownership and the inner-workings of the Aquilini Investment Group, which owns the team and its arena.

The terms of the agreement between Francesco and Taliah Aquilini will remain secret, but the settlement will not affect ownership of the Canucks, one of Francesco's lawyers confirmed.

The couple's primary concern was protecting their children from a messy, high-profile divorce trial, according to Karen Shirley-Paterson, one of Francesco's lawyers.

Earlier this year, a judge rejected Taliah's request to force the sale of a wine collection estimated to be worth nearly $800,000 to cover her legal expenses.

She also asked for an order giving her access to vacation properties, hockey tickets and other perks associated with the Canucks while the case works its way through the courts, but that, too, was rejected.

THE CANADIAN PRESS

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‘I’m not a sore winner,’ Premier Christy Clark says

Announcement. The premier made the comment while speaking to reporters alongside union reps, who have had a tumultuous relationship with Clark

EMILY JACKSON
emily.jackson@metronews.ca

If it’s awkward to work with the union leaders that attempted to thwart her leadership run this spring, Premier Christy Clark wasn’t letting on at a joint liquefied-natural-gas announcement Monday.

“I’m not a sore winner,” Clark told reporters after a meeting about LNG, to which she invited the unions that threw their full weight behind the B.C. NDP and condemned the B.C. Liberals’ jobs plan.

“Even if we didn’t all work together toward electing me and my government,” Clark said, “the campaign is over. Let’s end the politics.”

The government wants to work with the unions and employers to provide skills training for the LNG jobs that could be coming down the pipe in B.C.’s northern communities, Clark said.

On the line are up to 100,000 jobs in the next 30 years, according to government estimates.

While the B.C. Federation of Labour and the B.C. Building Trades unions might seem like strange bedfellows for the Liberals, all three agreed on certain priorities at the meeting.

They want to hire British Columbians first and then Canadians before searching for foreign workers, support the high-paying jobs that LNG could bring to the region and agreed the industry doesn’t have to come at the environment’s expense.

It’s important to put aside any differences to ensure workers get the training they need, B.C. Federation of Labour president Jim Sinclair said.

Premier Christy Clark meets with union and business leaders to discuss LNG plans in Vancouver on Monday.
EMILY JACKSON/METRO

“We’ll have our disagreements — I’m sure we will in about five minutes — but the bottom line is this thing requires us to be on the same page and that’s why we’re here,” Sinclair said.

The goal is to start training young people as soon as possible so they’ll be ready to “pick up the tools” when some of the larger projects start in four to five years, said Tom Sigurdson of the B.C. Building Trades.

Clark proposed terms for how the parties would work together and said she hopes these are finalized by Sept. 30.

Local man isn’t Michael Dunahee, DNA test finds

Michael Dunahee METRO FILE

A tip that a B.C. man might be the grown-up Michael Dunahee, who went missing from a Victoria schoolyard in 1991 when he was four years old, has hit a dead end.

In July, Victoria police contacted an unidentified man, who bears a resemblance to sketches of what Dunahee would look like today, for a DNA sample. But after six weeks of rampant media speculation, Victoria police announced Monday that the DNA results were not a match.

“We were pretty confident going into this that it wasn’t Michael, but we needed to do this just to make sure,” said Const. Michael Russell, adding it is against policy to disclose the source of the tip.

The Dunahee family has been notified and has asked the media for privacy.

Dunahee’s disappearance has been one of the most prominent missing-children cases in the past 30 years. His mother, Crystal Dunahee, appeared on the Geraldo Rivera talk show in 1993 with John Walsh, the host of America’s Most Wanted.

His parents also tried meeting with psychics.

In 2005, Victoria police announced they had hired some retired serious-crime investigators to review five cases, including the Dunahee case.

The investigation headed to Milwaukee, Wis., in January 2009. Media reports at the time indicated police had found a poster of Dunahee in the home of a man who had died of natural causes but confessed to his psychiatrist to killing two children in the late 1950s.

KATE WEBB/METRO
WITH FILES FROM THE CANADIAN PRESS

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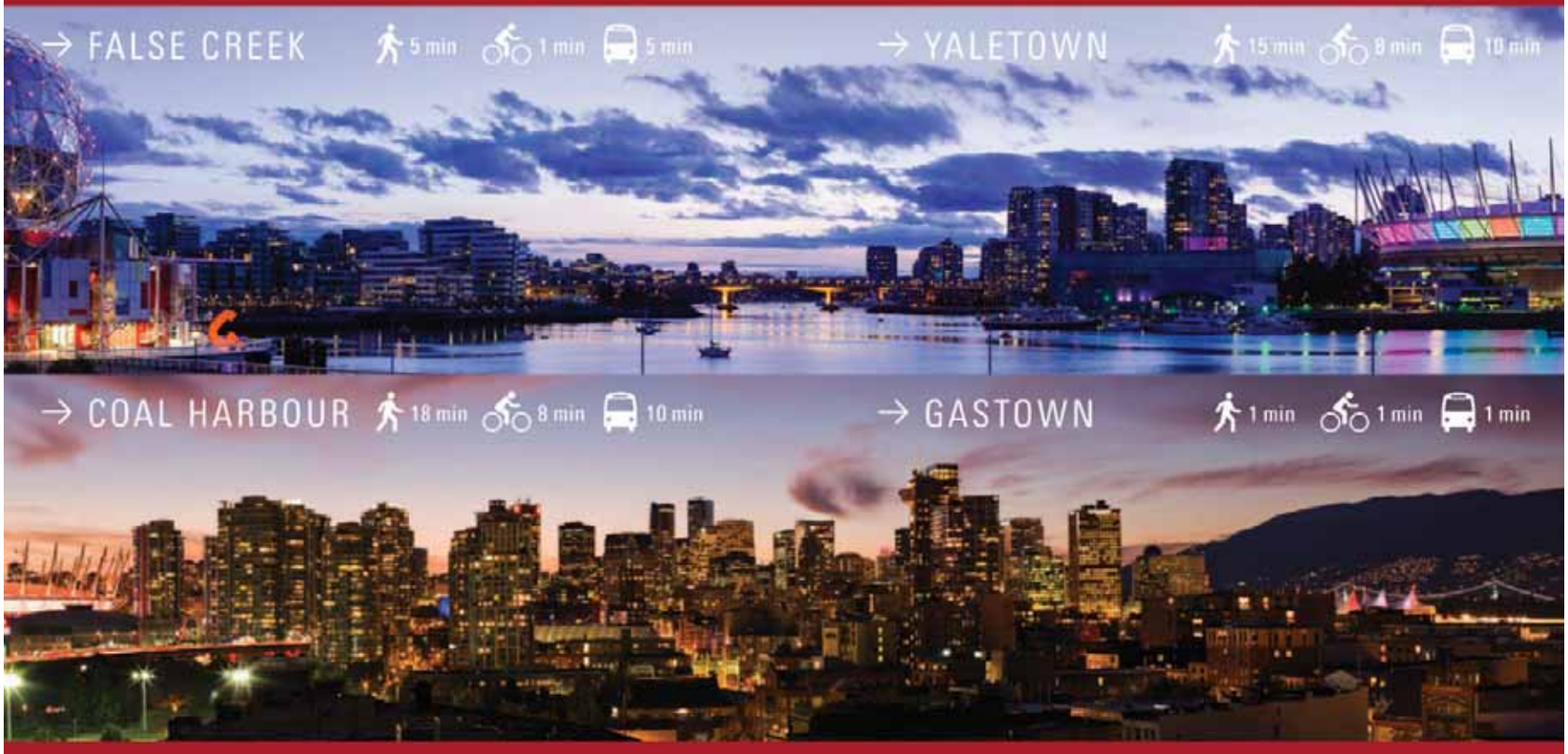

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Sensible BC begins quest to decriminalize pot

'Crosses political boundaries.' Group has three months to collect roughly 400K signatures from British Columbians

SAM SMITH
vancouver@metronews.ca

It's as if Sensible BC has got the munchies — but instead of a banana and peanut-butter sandwich, it's hungry for signatures.

On Monday, Sensible BC kicked off Day 1 of its campaign to decriminalize pot possession.

The group has three months to collect roughly 400,000 signatures from British Columbians, which has to come from at least 10 per cent of voters in all 85 ridings across the province.

Sensible BC spokesman Dana Larsen was outside Canada Place Monday morning to ceremoniously jump-start the campaign.

"We have a lot of work ahead, but we've really got a lot of folks who are really excited about this campaign," he said.

According to Larsen, 1,700 canvassers are registered so far. In August, he told Metro he expected roughly 3,000 canvassers to be registered by Sept. 9, but despite a lower-than-expected turnout he's still feeling confident.

"We still have the majority supporting us," he said. "This is something that crosses political boundaries."

Sensible BC is aiming to decriminalize pot possession, not to tax and regulate it as other groups such as Stop the Violence BC are working toward.

"Decriminalization is something we can do as a province," he said. "We don't need to wait for the federal government to stop arresting people for marijuana possession in British Columbia."

Ultimately, Stop the Violence BC is endorsing the Sensible BC campaign, despite their differences in goals.

"The legislation tabled by Sensible BC is designed as a first step towards taxation and regulation of cannabis for recreational use by adults and it is on that basis that Stop the Violence BC is pleased to endorse their campaign," they state on their website.

Sensible BC spokesman Dana Larsen stands outside Canada Place on Monday to kick off their 90-day campaign. SAM SMITH/FOR METRO

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Man has two tattoos

Abbotsford police asking for help identifying body

Abbotsford police are asking for the public's assistance to help identify a man found dead in the early hours of Monday morning.

The body was spotted in the 2500 block of West Railway Street by a man and a woman, who reported to police that she spoke with the deceased man just a few hours earlier by South Fraser Way and Montvue Avenue.

The woman told police she didn't have any strange feelings from the conversation but felt he was out of place.

A blue hoodie made in Tofino was another sign he's not local.

Police released photos of two tattoos located on the body: a cross on his left shoulder and six characters or symbols on the right forearm.

The man is described as white, between 30 and 40 years old and balding with light-coloured, short-shaved hair. He is approximately six foot three with a medium build.

SAM SMITH/FOR METRO

Clayoquot Sound. Man stabs attacking cougar

A British Columbia conservation officer is marvelling at a man's bravery for attacking a cougar with nothing but a spear as the cat was mauling his partner.

"I'm pretty sure that this is the first time in B.C., if not Canada and maybe even North America, where someone has stopped an attack by a cougar with a spear and killed it with a spear," said conservation officer Sgt. Ben York in an interview Monday.

A 60-year-old woman was mauled by the animal late Sunday afternoon while she was gardening outside her home on Flores Island in Clayoquot Sound, on the west coast of Vancouver Island.

York said her common-law partner was nearby, heard the woman's screams and quickly came to her aid. "That's a significant amount of bravery that he showed," York said.

The cougar ran off into the bush. Its body was later found about 20 metres from the attack site.

York said the woman is in post-operative care in stable condition and is expected to recover. THE CANADIAN PRESS

Awareness. Today's the day to break suicide taboo

Suicide. It's an uncomfortable word and people don't like to talk about it, but today we should.

Sept. 10 is World Suicide Prevention Day and prevention centres and counsellors around the Lower Mainland want everyone to do the most important thing they can to help those in need — talk about it.

"That's what we're trying to do as much as possible," said Stephanie Cardwell, development and communications co-ordinator at the Crisis Intervention and Suicide Prevention Centre of British Columbia. "We don't want anyone to slip through the cracks."

The centre offers many services for those in distress, including a 24-hour phone line, online messaging and a new mobile-phone message service, but Cardwell said friends and family play the most important role.

"If a loved one starts showing different patterns of behaviour, like they're isolating or closing themselves off ... that's a huge indicator," she said. "It's about time to have a conversation with that loved one and ask if they think they have depression or if they're suicidal." SAM SMITH/FOR METRO

Funding campaign

Mayor's party wants 'Better Transit Now'

They're sick of pass-ups on the 99 B-Line, they want a subway underneath Broadway and they think Surrey should get light-rail transit.

Mayor Gregor Robertson and his party, Vision Vancouver, launched a "Better Transit Now" campaign Monday to lobby the province for more transit funding.

"One million more people are expected to move into the region in the coming decades. For Metro Vancouver to continue to ... prosper, we need a properly funded transit system," states the campaign's petition. EMILY JACKSON/METRO

Union fears Compass Card tap-outs could cause delays

The Compass Card beta test is now underway along the region's transit system. EMILY JACKSON/METRO FILE

TransLink. Reporter's test run on buses goes less than smoothly

Beta tester's log, Day 1. Location: Exiting the No. 3 bus at Hastings Street and Richards.

"Attention! Please tap again." Beep boop.

The red warning message flashes across the screen on the shiny new Compass Card reader, but after another quick tap it turns green (whew!): "Proceed."

I test the card on two other buses later in the day and both times get the red warning message on entry and exit.

If this weren't the beta-test phase of TransLink's new smart-card system, I might have to call customer service to ensure I don't get dinged for three zones instead of one.

The delay only costs me about three seconds, but I can't help but wonder what will happen when people start tapping out of the system on the busiest routes, like the 99 B-Line.

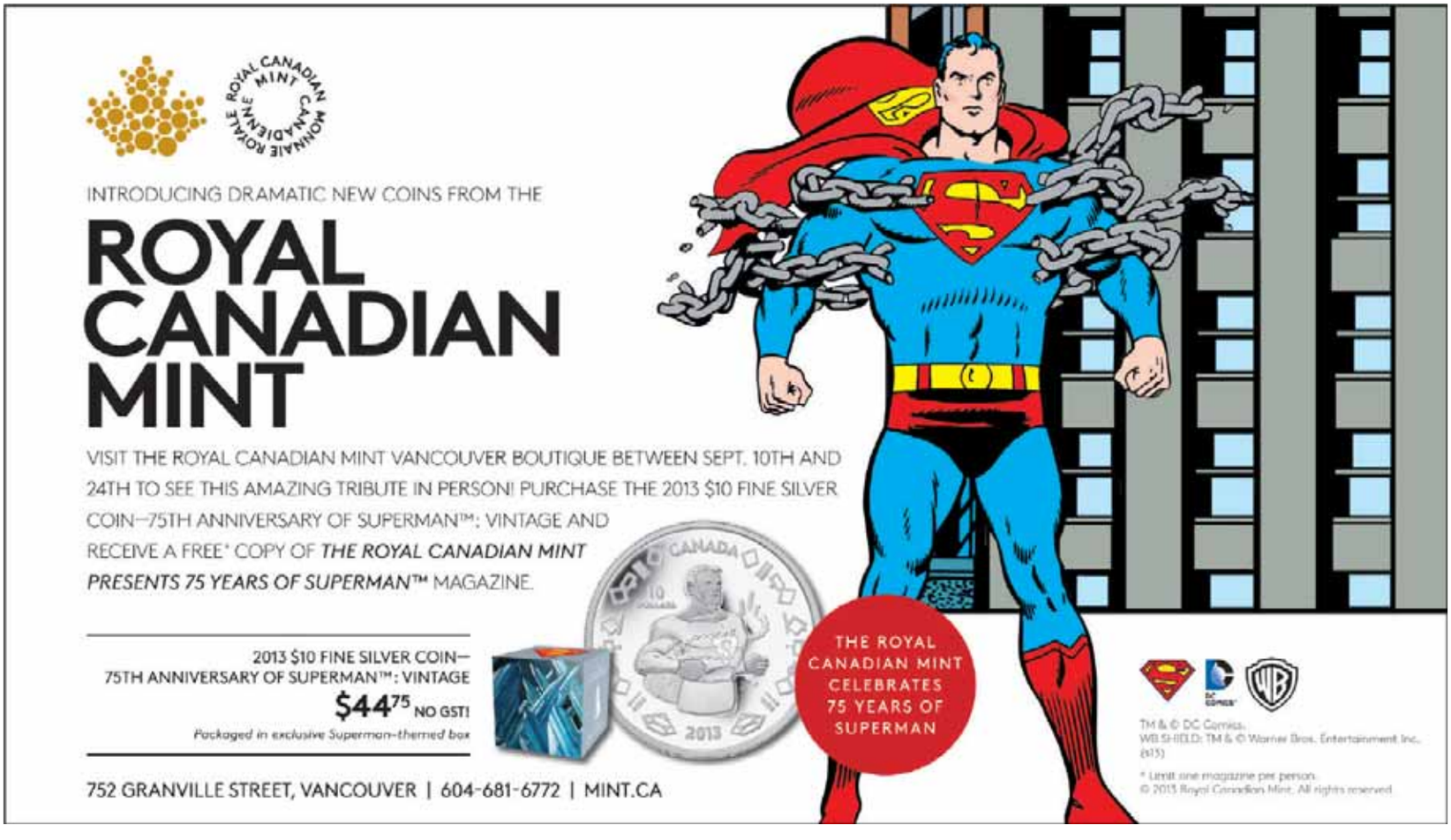
Nathan Woods, president of the union representing transit operators, says his group has been voicing concerns about the tap-out system to TransLink for more than a year.

Up to 60 passengers disembark during rush hour at some of the B-Line's busiest 13 stops along the Broadway corridor. If every passenger takes just two seconds to tap out of the system, that could add up to two extra minutes to those stops.

"Let's assume that it's two minutes (at Main and Cambie) and a minute everywhere else," Woods said. "With 13 stops, you've got 15 minutes there."

Mike Madill, a TransLink executive overseeing the introduction of the Compass Card, said via email this is exactly the type of information the beta test is designed to bring up.

"It is too early to say if bus service will be at all affected by tapping in or out," he wrote. KATE WEBB/METRO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Crown calls for harshest penalty since execution

Travis Baumgartner admitted to carrying out multiple homicides in his bid to steal hundreds of thousands of dollars. THE CANADIAN PRESS FILE

No parole for 40 years.
Ex-guard pleads guilty to killing three co-workers, attempting to kill fourth

Prosecutors say a former armoured-car guard who admits he gunned down four of his colleagues should get life in prison with no chance of parole for 40 years.

Such a penalty would be the first under a federal law enacted in 2011 that allows for consecutive sentences in multiple-murder cases.

Travis Baumgartner pleaded guilty Monday to one count of first-degree murder and two counts of second-degree murder in a plea bargain. He also admitted to attempted murder in the serious wounding of a fourth guard.

The Crown says there were many aggravating factors in the crime, including a betrayal of trust and the fact that Baumgartner "did it all for money."

The prosecution pointed out that it would be the harshest penalty in Canada since the last execution in 1962.

Baumgartner methodically shot his fellow guards in the head as they reloaded ATMs in June 2012.

A statement of facts entered in court said Baumgartner shot three of the guards as they had their backs to him, then returned to the waiting armoured truck and shot a fourth co-worker.

Court heard that Baumgartner owed family and friends money and had just bought a new truck.

"At least I don't have to pay for the truck anymore," he told an undercover police officer after his arrest. "No bills for me."

Search warrants revealed that his mother told officers she woke up the morning of the shooting to find $64,000 in cash in her home.

THE CANADIAN PRESS

Jeffrey Baldwin. Death of child a surreal horror story

The first emergency crews to find the body of a Toronto boy are still deeply disturbed by the sight of his skeletal frame more than 10 years later, a coroner's inquest heard Monday.

But the boy's grandmother, his primary caregiver who had summoned them to the home with a nonchalant 911 call, treated his death as an annoyance, a pair of first responders told the inquest into Jeffrey Baldwin's death.

Four years after his grandparents got custody of Jeffrey and his three siblings, he died from complications of chronic starvation.

Jeffrey Baldwin CONTRIBUTED

Elva Bottineau and Norman Kidman have already been convicted of second-degree murder. The coroner's inquest is exploring systemic issues.

The inquest heard a recording of the 911 call Bottineau placed.

"Apparently my grandson is not breathing right now," she says. THE CANADIAN PRESS

Long-term care

Group says mice found nibbling on patient's face

A health-care advocacy group says a dementia patient at a long-term-care home in Alberta is recovering after a staff member found mice nibbling at her face.

Friends of Medicare says it happened at St. Therese Villa in Lethbridge on Sept. 1.

"The lady was in fact bitten and now she's been medically treated for that," said Sandra Azocar, executive director of Friends of Medicare.

"I'm completely horrified. I think it's beyond words."

Staff first complained about mice about a year ago, Azocar said. She added the care centre also has had a bedbug infestation for months. THE CANADIAN PRESS

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Obama goes on media blitz to sell Syria strike to America

Six TV interviews. President will consider proposal for Assad to surrender chemical weapons, but still aims for congressional support

A possible diplomatic solution to avoid a U.S. military strike arose Monday when Syria swiftly welcomed a suggestion to move all of the country's chemical weapons under international control. President Barack Obama said the proposal could be a potential breakthrough but he remained skeptical that Syria would follow through.

The White House pressed ahead with efforts to persuade Congress to authorize a military strike, and Obama said the day's developments were doubtless due in part to the "credible possibility" of that action. U.S. officials insisted that Syrian President Bashar Assad's government must be held accountable for using chemical weapons regardless of what happens to its stocks.

But the diplomatic opening could provide Obama with a way out of a messy political and foreign-policy bind. It followed a remarkable chain of events that started with a suggestion from Secretary of State John Kerry, followed by a proposal from Russia and immediate endorsement by the UN secretary-general.

Obama told NBC News in an interview Monday that he's taking a statement from Damascus welcoming the idea "with a grain of salt initially." But he said he would "absolutely" halt a U.S. military strike if Syria's stockpiles were successfully secured.

"My objective here has always been to deal with a very specific problem," Obama said in an interview with ABC News. "If we can do that without a military strike, that is overwhelmingly my preference."

THE ASSOCIATED PRESS

In this frame grab from video taken Sunday and provided by CBS This Morning, Syrian President Bashar Assad responds to a question from journalist Charlie Rose during an interview in Damascus, Syria. In the interview broadcasted Monday on CBS, Assad threatened to retaliate for any military strike launched in response to the alleged chemical-weapons attack. THE ASSOCIATED PRESS

Estranged. Zimmerman split quickly turns nasty

George Zimmerman
GETTY IMAGES FILE

The estranged wife of a former neighbourhood watchman acquitted in the shooting death of a black teenager called police officers Monday, saying her husband threatened her and her father with a gun.

Shellie Zimmerman called police shortly after 2 p.m. Monday, said Police Chief Steve Bracknell. In the call, she said George Zimmerman punched her father in the nose, grabbed an iPad out of her hand and smashed it and threatened them both with a gun.

Shellie Zimmerman, who has filed for divorce, initially told an emergency dispatcher that her husband had his hand on his gun as he sat in his car outside the home. But hours later she changed her story and said she never saw a firearm, said Bracknell. THE ASSOCIATED PRESS

Secret court motions

Facebook, Yahoo want to disclose data on FISA orders

Facebook and Yahoo asked a secret court Monday to allow them to disclose data on national security orders the companies have received under the Foreign Intelligence Surveillance Act.

THE ASSOCIATED PRESS

Social media

Iran likes Facebook for its politicians, but not its citizens

Iran's curious world of online politics is a bit more crowded with members of President Hasan Rouhani's Cabinet encouraged to open their own Facebook pages — in a country where authorities try to block the public from social media.

THE ASSOCIATED PRESS

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Chris Hadfield touches down to launch new Ivey building

London, Ont. Business students benefit from some out-of-this-world advice as part of $110M complex's grand opening

SCOTT TAYLOR
Metro in London, Ont.

Cmdr. Chris Hadfield takes the stage Monday at Western University, urging a crowd of business students to be prepared for anything that comes their way. ANGELA MULLINS/METRO

The astronaut who became a star instilled Western University business students with a message of hope tempered with reality on Monday.

"Prepare for the worst," urged Cmdr. Chris Hadfield, considered by some to be Canada's greatest gift to space since the Canadarm. Back on earth after more than five months at the helm of the International Space Station (ISS), Hadfield was invited to Western as part of the school's unveiling of the $110-million Richard Ivey Building.

Hadfield noted how much the world has changed since the end of the Second World War, marvelling over the many "antagonistic countries" that worked together to build the ISS. "To think about that transition happening in less than a lifetime, of all of that hatred and misunderstanding and individual agendas, and now there's a mission control for the space station in Japan, one in Germany, one in Moscow, in Canada and the United States," he said.

Richard Ivey Building stats

- The Ivey Business School's new showpiece boasts three student lounges, 15 78-seat classrooms and five 50-seat classrooms. It also has enough exterior glass to cover 10 basketball courts.

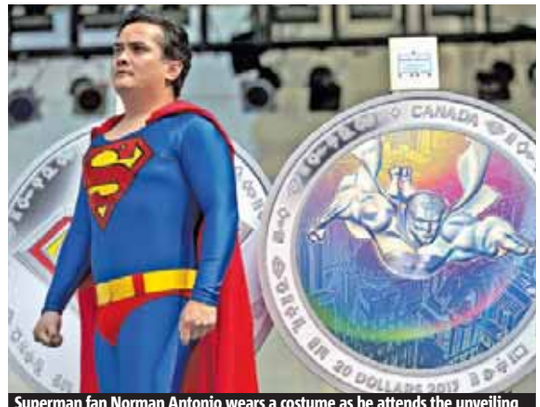
Kryptonian currency. Mint unveils Superman coins

Superman has received the Canadian royal treatment. The Royal Canadian Mint unveiled seven coins Monday, each depicting different moments in the superhero's history, in order to mark the character's 75th anniversary.

The coins also feature an engraved message reading "75 years of Superman" in the character's native language, Kryptonian. One of the coins depicts Superman flying above Metropolis with the famous Fortress of Solitude in the background.

The 14-karat gold coin sells for $750 and is supposed to be like the original design of Superman's Canadian co-creator, Joe Shuster. The other six coins have a price range from $29.75 to $129.75.

The designs include a 3-D hologram of Superman flying and an almost pure silver coin of Superman in his latest uniform. THE CANADIAN PRESS



Superman fan Norman Antonio wears a costume as he attends the unveiling of the Royal Canadian Mint's Superman commemorative coins in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

Market Minute

DOLLAR 96.40¢ (+0.33¢)

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Dow Jones: 15,063.12 (+140.62)

TSX 12,854.64 (+33.72)

OIL $109.52 US (-$1.01)

GOLD $1,386.70 US (+$0.20)

Retail

CPPIB, Ares to buy Neiman Marcus

A $6-billion US deal for American luxury retailer Neiman Marcus comes at a good time because the strengthening U.S. economy provides opportunities for growth, the Canada Pension Plan Investment Board said Monday after announcing it's partnering with private equity firm Ares Management to buy the Dallas-based company.

Neiman Marcus is one of the largest luxury retailers in the U.S., with 79 stores under the Neiman Marcus and other banners, including two Bergdorf Goodman locations in Manhattan. THE CANADIAN PRESS

Streaming

Xbox Music to be available for free

Microsoft is making its Xbox Music streaming service available for free on the web, even to those who don't use Windows 8.

The expansion beyond Windows 8 devices and Xbox consoles is meant to bring new customers into the software giant's ecosystem of devices and services and could help it compete with other digital music offerings like Pandora, Spotify and iTunes.

It's also an acknowledgement that the music service hasn't done much to drive sales of the Windows 8 operating system. THE ASSOCIATED PRESS

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DON'T FALL FOR ALL DIGITAL DEALS

SHE SAYS

Jessica Napier
metronews.ca

I'm a sucker for a daily deal. If you tempt me with 62 per cent off a spa package or discounted eyelash extensions, there's a pretty good chance I'll punch in my credit card information.

Today, there are more than 300 group-buying websites worldwide offering an infinite number of ways to help you look, feel, eat and live better for less. At the best of times, these e-commerce portals have a lot to offer both merchants and consumers, helping retailers bring in new customers and providing thrifty folk a great opportunity to try out local businesses on the cheap.

However, I'm starting to find that I'm racking up my Visa card with high expectations only to feel let down when these discounted experiences don't exactly pan out.

Admittedly, sometimes it's my own fault. Promotional emails usually show up in my inbox before my morning coffee has kicked in which leads to impulsive purchases without any consideration of when I'll use the coupon or whether I actually have any interest in the product on offer. I mean, how many gallery wrapped canvas prints does one person really need?

These spontaneous buys often result in a subpar user experience. Overlooking the imminent expiry date on your gym pass can make it impossible to attend enough classes to make it worthwhile. And forgetting to read the fine print means you'll probably gloss over some important restrictions, such as those details stipulating your coupon for a romantic dinner for two is actually only valid between 5 p.m. and 6 p.m. on Mondays.

I know when I'm to blame when it comes to not getting the most out of my discounted purchases. But what happens when you do everything right and still wind up disappointed?

Last Christmas, my boyfriend received a voucher to test drive exotic cars at a nearby race track. Unfortunately, after dozens of phone calls and emails sent to the company that was offering the deal, it became apparent that scheduling a spot for him behind the wheel wasn't going to happen.

And this certainly isn't the only case of an online coupon gone sour. I know plenty of people who have had similar experiences with local merchants abruptly closing up shop or making it so difficult to book appointments that buyers are forced to just give up altogether.

Most sites offer refunds or credit for defunct deals, with the onus on the individual buyer to follow up and demand their money back. That said, I'm still waiting to hear back from a couple of companies regarding my own unsatisfactory experiences and am learning to be much more cautious when it comes to these bargain buys.

Because sometimes those frugal finds really are too good to be true.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

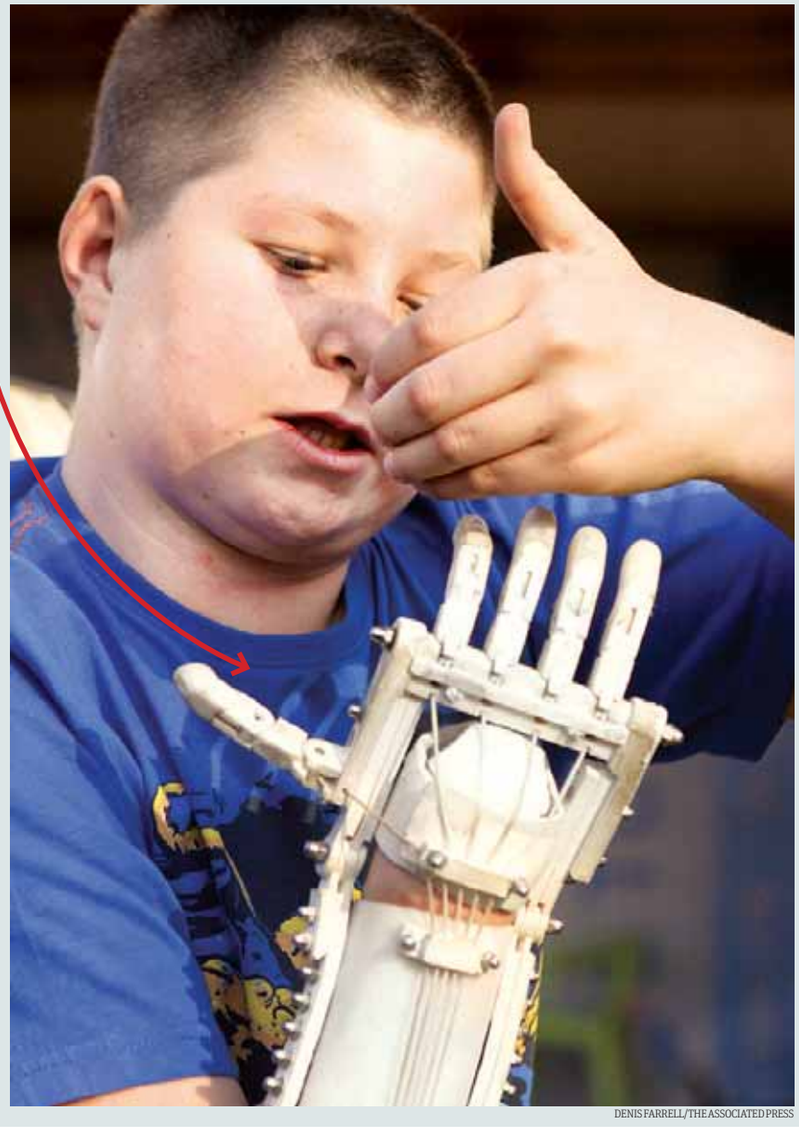
Do you need a hand?

3D printing helps replace lost digits

Dylan Laas shows how his Robohand works.

Laas, who was born with Amniotic Band Syndrome, got his hand from South African carpenter Richard van As, who lost four fingers to a circular saw two years ago and started work on building the Robohand after seeing a video posted online of a mechanical hand made for a costume in a theatre production. Since then, van As has fitted Robohands on about 170 people, from toddlers to adults.

THE ASSOCIATED PRESS



DENIS FARRELL/THE ASSOCIATED PRESS

The motivation

"After my accident, I was in pain ... Sometimes you have to chop fingers off to start thinking."

Richard van As, Robohand creator

The details

- It's made from cables, screws, 3D printing and thermoplastic. It uses the rotation of a joint to enable five plastic digits to grasp.
- It costs $500 to make.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows customers to buy music directly from the artists, usually for only a few bucks and with an added bonus of being able to preview albums in full. Here are some Canadian artists to check out.

COURTESY BANDCAMP

How Sad:
Despite the weather trending toward the chilly, How Sad fits in perfectly with the two groups mentioned below as sunny day soundtrack while taking care of the synthpop side of things. Let's hope fall co-operates enough to provide us with a few nice afternoons to enjoy them with. (howsad.bandcamp.com)

Sean Nicolas Savage:
An obnoxiously prolific Montrealer who is equally at home writing breezy summer ballads and electro oddities. Flamingo is about as pleasant as an album gets. (seannicholassavage.bandcamp.com)

Grounders:
A beautifully handled collision of psychedelia, surf guitar and earworm pop, this Toronto band's debut EP is an absolute gimme. (grounders.bandcamp.com)

Twitter

TODAY!

@metropicks asked: Bitcoin kiosks that exchange cash for digital money will come to Canada. Will you be converting?

@Canucklehead_ca: To bitcoins? No way - people should hold off for my 'Lincoins' kiosk which will dispense IOUs. (As good as money.) INVEST

@BrookeBoser: Anyone use these?

@zimer77: Too new and people will decide.... I will not convert!

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Researcher among the shy

Salinger. Armageddon and Avatar writer Shane Salerno took years to find the info he needed for doc about famous author

MATT PRIGGE
Metro World News in New York

J.D. Salinger, left, after the Normandy invasion with his fellow counterintelligence officers. THE ASSOCIATED PRESS

Like many who toil in Hollywood, Shane Salerno had a passion project on the side. While writing for NYPD Blue and getting credits on the likes of Armageddon (he's also James Cameron's co-writer on one of the Avatar sequels), Salerno laboured hard on a look into the unknown (or at least under-known) private life of the most famously private writer of all: J.D. Salinger. The fruits of his labours are now available, namely a documentary and a 700-page book, both called simply Salinger. (And for the record, his favourite Salinger works are the Nine Stories members A Perfect Day for Bananafish and For Esmé — With Love and Squalor.)

Was this always intended to be a non-fiction project?
Initially I wanted to make it as a feature with Daniel Day-Lewis playing Salinger. But I knew how fanatical he was about research. Over the course of all this research I realized it's a documentary. The people I needed to talk to were in their 80s and 90s — this had to go now. And I just started filing them. About six months into the documentary I realized there was no way this story could be told only as a two hour film. That's when the book became important.

Do you view the movie as a gateway attraction for the book, which is bigger and more comprehensive than the two hour film?
I view them as one combined project. They work independently of each other. The book has a ton of material the film doesn't have, and the film has a ton of things the book just can't do — specific cinematic things. The book is about his life and has an enormous amount on his work. The film is about his life with a psychological portrait of his work.

Were some of the people hard to convince to take part?
Sure. In the case of Jean Miller — this was a woman who was 14 when she met Salinger, 19 when their relationship ended, who had a hundred letters from him and had never told her story anywhere. Not only did she talk to us, she gave us all of Salinger's letters to her. They start in '49 and go all the way to 1954, when she's in college, and he's sending her telegrams saying can you come up this weekend? These letters provided this unprecedented look at Salinger.

Did Miller require a lot of coaxing?
I wouldn't say coaxing. She wanted to make sure this was a serious endeavour, and one that would tell her story and Salinger's story honestly. She definitely put us through a hardcore vetting process.

Ultimately how did you wind up convincing her?
I think it was just time. At that point we were eight years in, seven years in, and she had seen the work. And remember if we wanted to do something cheap and exploitive we would have slapped this thing out in 2010, right after he passed away. We had a done film, ready to go when he passed away. There was a lot of pressure to do that. I just knew there was this other material. Because we waited we got things like the only photo of him writing during the war.

Shane Salerno is finally enjoying the fruits of his labour. GETTY IMAGES

Were there myths you wanted to debunk?
That he was a recluse. There was nothing reclusive about J.D. Salinger. Howard Hughes was a recluse. Recluses don't call The New York Times and grant spontaneous interviews. They don't see a 17- year-old girl on the cover of The New York Times Magazine and want to meet her and pursue her. That's another contradiction — he took his picture off of The Catcher in the Rye. That's what I was most interested in — those contradictions.

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Halifax's Myles

Long trek to success. East coast singer-songwriter is having the best year of his career, but he's set his sights on achieving even more in the future as he continues down the musical road

You can't fix love with duct tape, Red

Guide to women. Red Green is back and ready to offer his wisdom on love and relationships in a book

For years, nay, centuries, man has struggled with one central question: What does it take to make a woman happy?

Thankfully, a wise man has boldly stepped forward with the answer: Red Green.

Yes, that Red Green. The guy with the checkered shirt, fishing hat and suspenders. The genius who uses duct tape to fix everything. Red Green is back from Possum Lodge, Chapter 11, and once again he has all the answers.

You'll find them in his new book: Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions).

Chapters include Men are from Mars, Women are from Men, Groom for Improvement and Is it Love or Just Gas?

The hardcover tome published by Random House arrives in bookstores Tuesday, Sept. 17.

Green, the comical creation of Steve Smith, endeavours to help his brethren through all the tricky stages of male-female relationships. There are tips on everything from finding a mate right up to the all-important "learning to deal with her growing disappointment in you."

Smith, 67, thought he had retired Green in 2006 when The Red Green Show went out of production after 15 seasons — making it, he claims, "the longest-running, live-action scripted comedy in the world." When he decided to write books and perform live comedy shows a few years ago, the longtime resident of Hamilton, Ont., had to retrieve Red's hat from the University of Toronto, where he had donated it to the library archives.

Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions), includes chapters like Men are from Mars, Women are from Men, Groom for Improvement and Is it Love or Just Gas? THE CANADIAN PRESS

Now he's back in cap and suspenders for another Red Green How to Do Everything tour. The live 29-city showcase opens Friday and Saturday in St. Catharines, Ont., with all proceeds from those two shows going to Ronald McDonald House. Other stops include Surrey, B.C. (Thursday, Sept. 19), Casino Rama in Ontario (Oct. 26) and Fredericton, N.B. (Nov. 1). A full list can be found at redgreen.com.

Smith will tour U.S. cities in the spring. In the summer of 2012 he performed in Fairbanks, Alaska, where he judged the 16th annual Red Green River Regatta. Contestants float down a river, says Smith, "and the only rule is you've got to use at least one roll of duct tape and whatever you're in can't be a boat."

Smith watched people paddle by in refrigerators and other homemade contraptions; the locals pelt them with water balloons from the shore.

There'll be no water balloon tossing at the live shows. While some might quibble with Green's credentials as a relationship expert, Smith has earned the right to hand out marriage advice. His union with wife Morag will have lasted 47 years come this Remembrance Day.

"I got a deal on the flowers," says Smith.

The two met in high school and their first date

Gift giving

So what's the dumbest thing Steve Smith a.k.a. Red Green has ever given his wife in their 47 years together?

- **Mukluks.** They weren't high-fashion mukluks either. "These were entry level. To me, heels are dangerous."

knows he still has miles to go

David Myles looks long.

That's not just a physical assessment of the tall, gangly 32-year-old singer-songwriter, who cuts an atypical figure for someone who has won one of Canada's top hip-hop music honours. He wears thick-rimmed glasses, hails from New Brunswick with a home base in Halifax and, on this balmy day, he's just completed an intimate set in Toronto for the lunchtime Bay Street crowd wearing a large-brimmed sun hat and white linen suit.

It's also a reflection of Myles's approach to his music career. It's been a wild year that he described as "the best of my career," spurred on by the massive success of Inner Ninja, the earnest rap tune with Halifax MC Classified (the alias of Enfield, N.S.'s Luke Boyd) that has soared to the top of Canadian charts and last year won the Juno for rap recording of the year.

But he's taking it all in stride. "It's been the coolest thing. It really, really has," said Myles. "But I'm not a superstar by any stretch. I'm out there on the road — and everybody is. You play shows, a certain number of people say, 'I love this,' they get the CD: that's how you build your career. There are breaks or whatever, but ultimately day by day, it's incremental building.

"It takes years, man, it takes years. And if you think it doesn't, then I think you're probably in the wrong game."

To those who have tracked Myles's career, this move from singer-songwriter roots crooner to hip-hop might not be that surprising for the musical chameleon. He says he's been a longtime rap fan — particularly of Canadian pioneer Maestro Fresh Wes — and has always been influenced by other genres.

In the same breath, he names Willie Nelson, David Byrne and Sam Cooke among his inspirations; he's collaborated in the past with opera soprano Measha Brueggergosman and bossa nova singer Bia. He says, with a laugh, that his next album might take its cues from country legend Merle Haggard.

"I like the idea of having a really varied career, and I hope I have a long career that's really diverse," he said.

Nevertheless, this recent dip into the hip-hop waters did provide for some new challenges. Myles says he learned music in the "traditional" way — practising scales, learning chords, playing in the school band, training with the Royal Conservatory of Music — which evolved into songwriting. The odd-couple partnership with Boyd, which began five years ago after the two Maritimers met at a music conference, has provided new insights into an unfamiliar frontier, where chords and melodies play second fiddle to drumbeats and samples.

"I've learned more in the last year than I have since I started playing music when I was eight," says Myles.

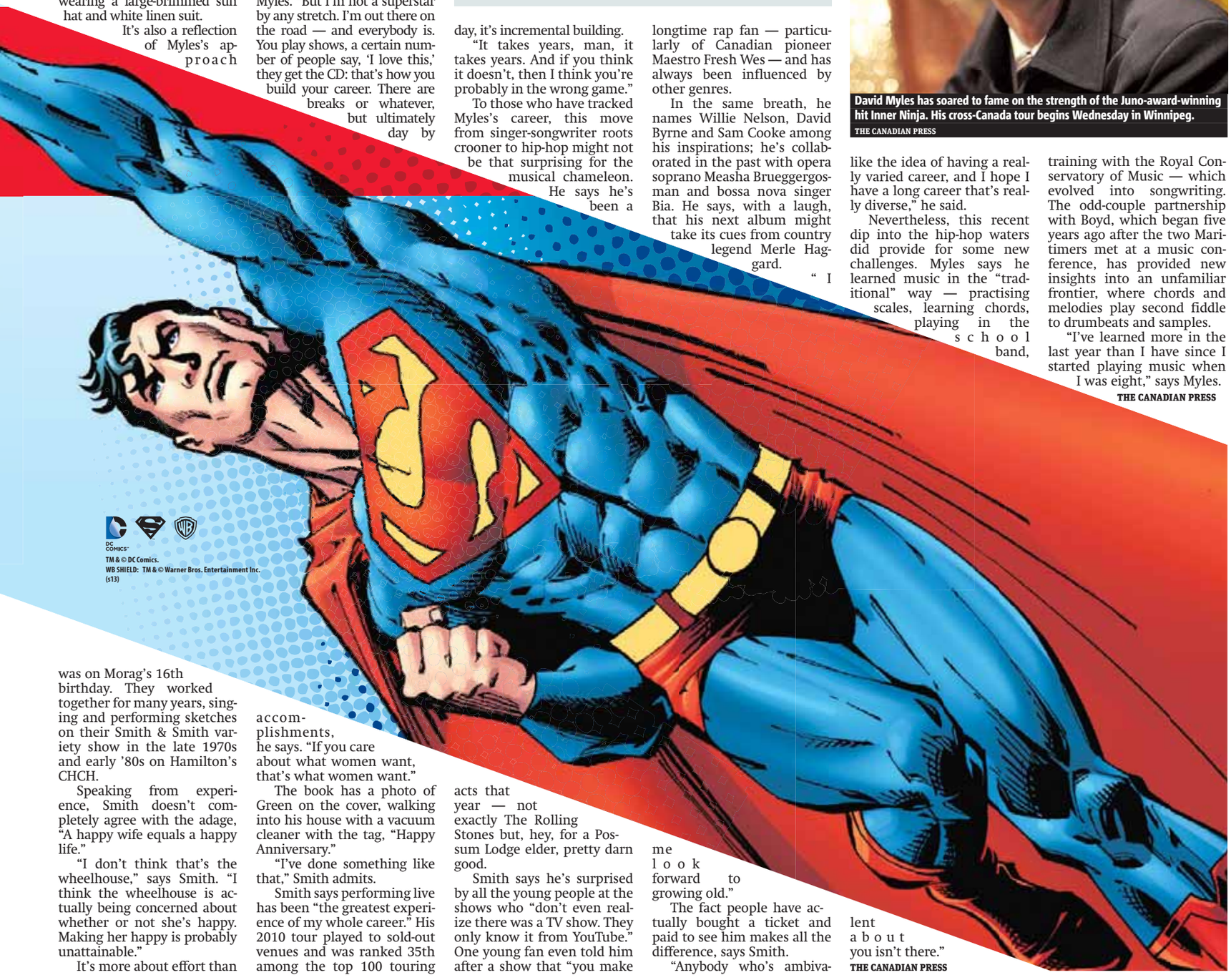
THE CANADIAN PRESS

Hali-facts

Halifax is the shared home of David Myles and Classified. The city was once hailed as a "new Seattle" for indie rock — promoting that collaborative spirit. The city has produced a wide range of talents, from folkster Joel Plaskett to indie songbird Jenn Grant to oddball rapper Buck 65, many of whom have partnered up and swapped genres like clothes. "You're in it together. You're an outpost, to a certain extent. That's why St. John's is great, Winnipeg is great. There's a certain amount of isolation there, and you've got to hone your skills before you head out into the wider world," Myles says.

David Myles has soared to fame on the strength of the Juno-award-winning hit Inner Ninja. His cross-Canada tour begins Wednesday in Winnipeg.

THE CANADIAN PRESS



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was on Morag's 16th birthday. They worked together for many years, singing and performing sketches on their Smith & Smith variety show in the late 1970s and early '80s on Hamilton's CHCH.

Speaking from experience, Smith doesn't completely agree with the adage, "A happy wife equals a happy life."

"I don't think that's the wheelhouse," says Smith. "I think the wheelhouse is actually being concerned about whether or not she's happy. Making her happy is probably unattainable."

It's more about effort than accomplishments, he says. "If you care about what women want, that's what women want."

The book has a photo of Green on the cover, walking into his house with a vacuum cleaner with the tag, "Happy Anniversary."

"I've done something like that," Smith admits.

Smith says performing live has been "the greatest experience of my whole career." His 2010 tour played to sold-out venues and was ranked 35th among the top 100 touring acts that year — not exactly The Rolling Stones but, hey, for a Possum Lodge elder, pretty darn good.

Smith says he's surprised by all the young people at the shows who "don't even realize there was a TV show. They only know it from YouTube." One young fan even told him after a show that "you make me look forward to growing old."

The fact people have actually bought a ticket and paid to see him makes all the difference, says Smith.

"Anybody who's ambivalent about you isn't there."

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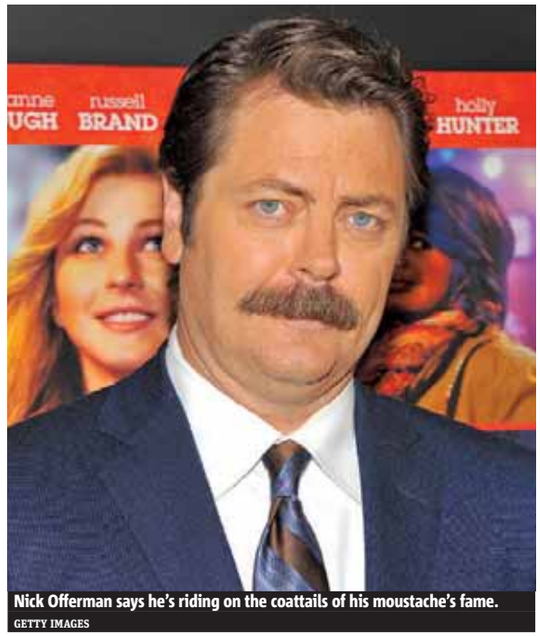
Playing second fiddle to a moustache

Nick Offerman. Multi-talented everyman talks his new book and famous facial hair

LISA WEIDENFELD
Metro World News in New York



Nick Offerman says he's riding on the coattails of his moustache's fame.
GETTY IMAGES

Nick Offerman may be best known for playing the stone-faced, government-hating Ron Swanson on NBC's Parks and Recreation, but he's also an accomplished comedian and stage actor (not to mention woodworker). He's currently on tour with his wife Megan Mullally, and her band, but took some time off to talk to Metro about his show, his new book and his most famous co-star — his 'stache.

What can people expect when they come to see you?
Some cautionary tales. There's a lot of gum-flapping. Some mediocre songs. Some woodworking tips. And some minor nudity.

Minor nudity! Sounds like an exciting show.
Well, you gotta get asses in the seats.

Do you perform with Megan's band at all?
They open with a handful of songs and then I do my bit and then, just when I'm losing the audience and people are beginning to nod off or finger their parking stubs longingly, the band comes out and we wrap the evening up with a couple songs together.

In almost every interview a question comes up about your moustache. Why is the American public so fascinated by it?
It's inexplicable. I am lucky enough to be literally riding the coattails of my moustache and I have the good sense to keep my mouth shut and stand behind it, try to look polite.

Let the moustache do the talking?
Yeah. Soon after Parks and Rec came on the air, my moustache was signed by CAA and there's a whole set of rules. I'm not allowed to make eye contact with it and it doesn't return my calls. I have to get hold of its representation if I want to talk about trimming or any sort of grooming.

Do you think it's been ruined by fame or is it the same moustache it always was?
That's a very good question, but I can't really speak to it right now, if you get my drift. There's someone in the car with me that might want to follow up.

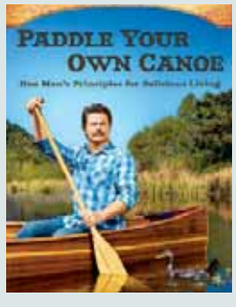
Is the canoe on the cover of the book one you crafted?
It is, yeah. That's my first canoe and her name is Huckleberry and she has treated me very well.

As Parks and Rec heads into its sixth season, how do you keep Ron Swanson fresh?
Well, to be honest, I'm such a lucky bastard that I don't have to try very hard because I have a team of brilliant writers who keep Ron fresh. They go above and beyond … and provide us with new stories and new avenues to pursue so that the audience doesn't get sick of the same old personality traits. I just mold my face into a constipated rictus and do my best to deliver the dialogue.

New book

Who would you say is the ideal audience for your upcoming book, Paddle Your Own Canoe?

- **I guess human beings.** I think men will really enjoy the book from the point of view of a jackass man like myself.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

McKellan plays priest as Stewart has fun getting hitched

PAT
HEALY
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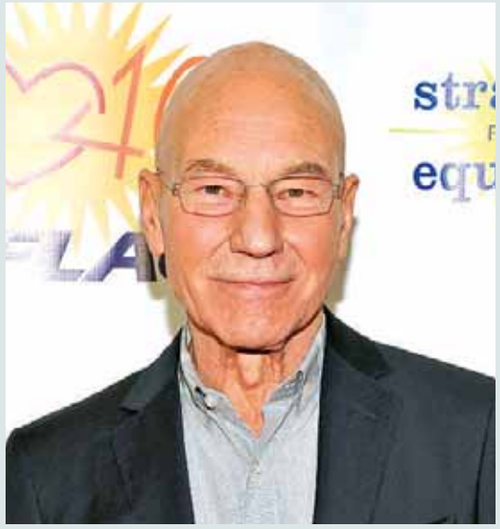

Patrick Stewart is off the market. The former Star Trek captain married Sunny Ozell this weekend, with good friend Ian McKellan officiating the wedding. Always a fan of frivolous fun, the X-Men star announced his marriage by posting a photo to Twitter of himself and Ozell buried neck-deep in a ball pit with the caption, "Yes, married." McKellan also took to Twitter to announce the event, posting a photo of himself with his Doctor of Divinity certificate and a T-shirt with the word "minister" emblazoned on it. "I did my part," he wrote.

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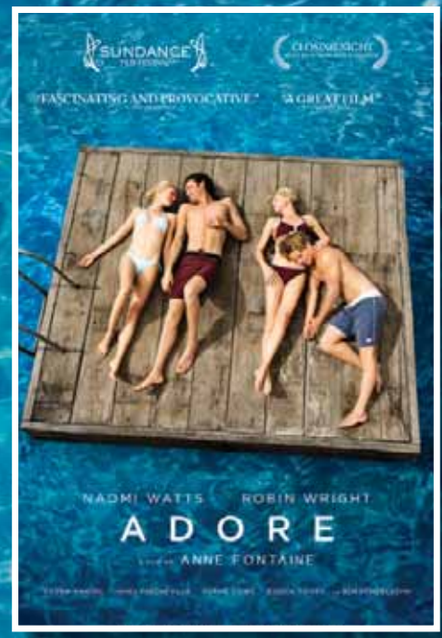

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LIFE 3

Is there a 'bigorexic' man skulking around your gym?

Fitness. Even without the drug abuse attached to excessive bodybuilding, there can be some serious dangers

LINDA CLARKE
Metro World News

When is big too big, or even dangerously big? That's the question some health experts are asking about excessive bodybuilding. Nicknamed bigorexia, obsessive muscle mass bulking can damage mental and physical well being, especially when it involves dangerous drug use.

"Bigorexia is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, a board-certified internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it. Depression is a common side effect; it can damage the liver too, as can anabolic steroids."

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their physical identity.

"They see these athletes and hear about them using enhancement drugs, and they think it's OK," says Raskin, who says the issue is "becoming a big problem."

He says efforts to educate people about the disorder need to start in schools, and early. And a healthy home life helps too.

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem, or been rejected by a girl or boy."

Warning signs that parents and friends can watch out for include increased aggression and overdoing it on diet and exercise.

"If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help.

"It's necessary to get psychotherapy to find the underlying problems and treat them," Raskin advises. "Then, we work to balance out hormones. Over time, taking these drugs can cause lasting physical damage, but if caught early enough an endocrinologist can usually reverse any problems."

Supplements

No drugs, no problem?

- **Not true.** Even bigorexics who don't use drugs to help build muscle mass are prone to health problems from excessive exercise and eating too many high-protein foods, like meat, eggs and supplements.

Working out is OK, just don't get obsessive about it. ISTOCK

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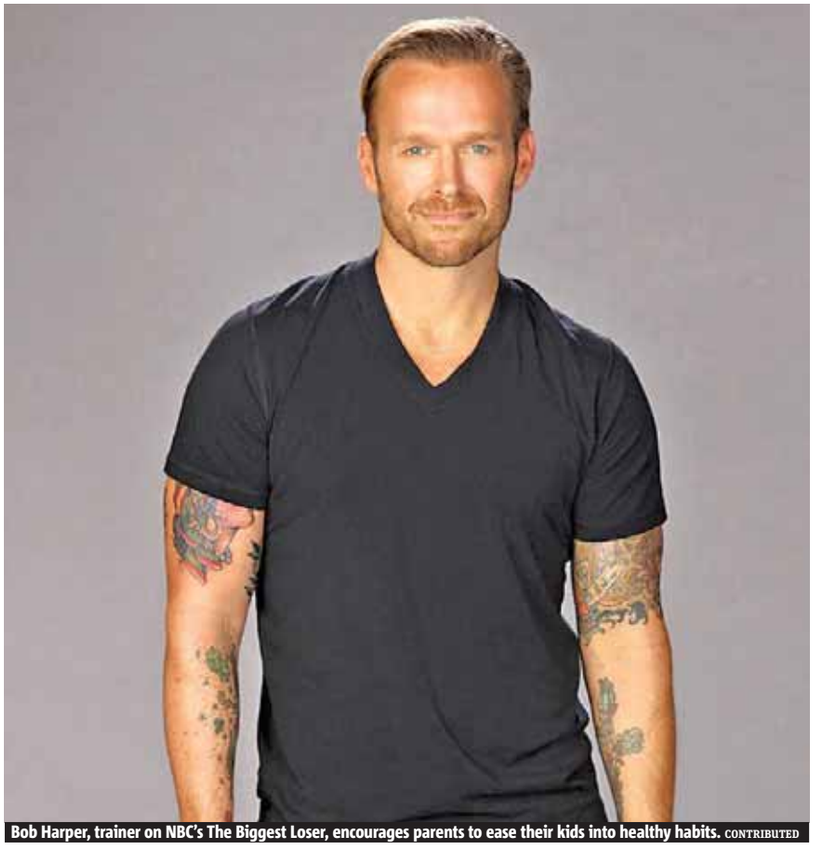

Bob Harper, trainer on NBC's The Biggest Loser, encourages parents to ease their kids into healthy habits. CONTRIBUTED

Make sure your kid isn't the Biggest Loser

Health education. Bob Harper, trainer on the weight-loss show, tells Metro how to get your children thinking and acting healthy

MEREDITH ENGEL
Metro World News

Our children "are sponges," says Bob Harper, trainer on NBC's The Biggest Loser, in that they absorb the behaviours they witness in their parents.

Make sure you're sending out the right signals when it comes to your child's health with these tips from Harper, which he provided at Saturday's U.S. Open.

Set the example

"You can't just tell your kids to go out and play when you've come home from a long day (and sit in front of the TV). I get it. We are all busy, but if you have children you have a responsibility to those children and their future. I think that the only way that real change can happen is when parents get involved," he says.

Food for thought

One more tip

- **Don't rely on fast food.** "You have to get more involved with what our kids are eating so they're not so enticed by that fast food nation that does have billions of dollars to spend in markets to attract our kids: Come to our restaurants and get these toys and play on these playgrounds while still eating this crap for food."

Encourage play

"My mission is to get (kids) playing whatever sport they want to be playing," he says. "The last thing I would want to see is a child in a gym on a treadmill or something like that. … If you're the active parent and you've found something that really works for you, it might not work for your children. Find something that they like to do — that is going to get them active and that's what will keep them going and want to do it more."

Don't keep score

"I don't really like to introduce the competitive element in any kind of sport activity with kids in the beginning," he says. Instead, make the games just about fun. "I think it sets a better tone in the beginning of that camaraderie, that love of whatever sport it is. Hopefully it's going to ignite something in them. Bring in the competition later."

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Soup season is around the corner: Veg & Bean Minestrone

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great vegetarian soup with loads of nutrients.

If you want this to be a complete meal, add six ounces of diced cooked chicken, beef, pork or seafood. You can also substitute the pasta for 1/4 cup rice or quinoa but allow to cook for another 10 to 15 minutes.

1. In nonstick saucepan, heat oil; sauté garlic, onion, carrot and celery until softened, approximately 5 minutes.

2. Add stock, potatoes, broccoli, tomatoes, chickpeas, bay leaves, basil and oregano; cover and simmer for 40 minutes or until vegetables are tender, stirring. Remove bay leaves. Season with pepper to taste.

3. Add pasta; cook 10 minutes, stirring often, or until spaghetti is firm to the bite. Garnish each bowl with cheese. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 1 tbsp vegetable oil
- 1 tsp crushed garlic
- 1 1/2 cups chopped onion
- 1 medium carrot, finely 1 chopped
- 1 small celery stalk, finely 1 chopped
- 4 1/2 cups beef stock
- 1 1/2 cups finely chopped peeled potatoes
- 1 1/2 cups chopped broccoli
- 1 can (19 oz) tomatoes, crushed
- 3/4 cup canned, drained and rinsed chickpeas
- 2 bay leaves
- 1 1/2 tsp each dried basil and oregano
- Pepper
- 1/3 cup broken spaghetti

Garnish

- 3 tbsp grated Parmesan

Health Solutions

If it looks like a duck...

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Don't just stand there! Duck! It is the new white meat and according to Grey County duck farmer Justus Martin (ovenreadyducks.com), the demand is growing.

Here's why: Canada celebrates ethnic diversity that brings with it a yearning for other proteins and duck fits the bill. In addition, as with most lasting trends, it all starts with the high-end restaurants looking to offer a new experience to their demanding clientele.

Duck has more flavour than chicken but is still considered "white meat" and, Muscovy duck is as lean as chicken but it brings a richer flavour. It is an absolute myth that it takes anything more to cook a duck than it does to cook a chicken.

Cooking tips:

- Best on a spit with a simple rub of olive oil and spice.
- Roasts well in the oven just like chicken 350 for 3.5 hours.
- Breasts and drumsticks work well on the barbecue.
- Fall and winter weather just scream for a duck confit which is a hearty fix it and forget it, one pot meal.
- Serve duck with heartier foods with distinct flavours like: cranberries, sage, saffron, orange or onions.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than September 13, 2013. PLEASE QUOTE: "Sales Representative – Vancouver" in the subject line. All submissions will be treated as confidential.

metro

Side. Mandarin Orange and Kale Salad

Massaging oil into kale is a great way to tenderize the leaves for this fruit-and-nut side salad.

1. Discard tough stems of kale. Tear leaves into bite-sized pieces. Place in large bowl. Drizzle 2 tbsp (25 ml) oil over top; using hands, massage oil into kale for 1 minute. Sprinkle pinch of salt over top; massage and squeeze for 1 to 2 minutes or until kale is slightly softened.

2. Peel mandarin oranges and pull off excess stringy white bits; segment. Add orange segments, apple, celery and red onion to kale. In small bowl, whisk together 2 tbsp (25 ml) oil, vinegar, salt and pepper. Pour over salad; toss to coat. Transfer to serving platter. Sprinkle with toasted almonds.

PRESIDENT'S CHOICE

Ingredients

- 1 bunch kale, washed and dried
- 2 tbsp (25 ml) PC Splendido Extra Virgin Olive Oil
- Pinch salt
- 4 mandarin oranges
- 1 PC Organics Gala Apple (skin on), cut in julienne strips
- 1 stalk celery, thinly sliced
- 1/3 cup (75 ml) thinly sliced red onion
- 2 tbsp (25 ml) each extra virgin olive oil and white balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (50 ml) sliced blanched almonds, toasted

page 82
REASONS MOMMY DRINKS
A hilarious guide to parenthood. In bookstores now.

Reasons Mommy Drinks: Because you hit her with a block and she can't swear

RICHARD CROUSE
Metro World News

Reasons Mommy Drinks, the new book by Lyranda Martin Evans and Fiona Stevenson could have been subtitled What to Expect After You've Been Expecting.

"We really felt like this was the ultimate baby shower gift," said Martin Evans, a five foot seven inch blond with a keen wit and infectious laugh. "Both of us got a lot of doom and gloom books, so when we were writing we thought we wanted to do a baby shower gift book you can read and actually laugh with."

The book is a mom's eye view to surviving the first 18 months of parenting written chronologically from the baby shower to when the little ones are finally starting to walk and talk.

The book is part advice, part bartender's guide that offers up a coping mechanism that comes with a twist — a lemon twist.

Each of the parenting challenges — dealing with nap time, in-laws or the first haircut — is paired with mock or cocktail. The daycare chapter, for instance, is matched with the Day Care Defense, a fruity rum drink they say will "numb your guilt, kill germs and boost your immune system."

Martin Evans and Stevenson met in high school and bonded over a love of writing and performing comedy.

"In the 10th grade, we co-wrote and performed our first standup comedy show — a Full House/Beverly Hills 90210 mash-up — and, in doing so, discovered we had amazing creative chemistry, and a similar comedic voice," says Stevenson, a bright-eyed brunette with a ballerina build and an infectious smile.

Those shared interests fuelled their friendship through university.

Fiona Stevenson, left, and Lyranda Martin Evans, authors of Reasons Mommy Drinks. GUSTAVO GONZALEZ

"After graduating from Queen's and embarking on full-time careers in marketing and advertising, we looked for new ways to join forces creatively. We did the Second City conservatory program together, co-produced sold-out musical variety shows for charity and founded a sketch comedy troupe called Math is Hard."

Two years ago when the friends found themselves pregnant at the same time, Martin Evans says they looked for a way to use their "creative writing skills and do something we enjoy." After some thought they gave birth to reasonsmommydrinks.com.

"Like all working moms, we are time starved and want to maximize our time with our families," Stevenson says. "Our long history of creative collaboration and shared work ethic makes us an incredibly productive team. It's amazing what we can accomplish in a two-hour power writing session during nap time.

"We wanted to give a voice to the new generation of moms — accomplished, ambitious women who, as they transition to their new role as parents, want to do the absolute best for their new baby in every possible way, without completely losing themselves in the process. To a time-starved, sleep-deprived new mom, it can feel like an impossible task at times, and we discovered there's a lot of comedic gold in that daily struggle."

The blog was an instant hit. "Parents immediately got the joke behind the title," says Stevenson. Voted best blog from Toronto Mom Now, it inspired them to think beyond the internet.

"The book is about the first year-and-a-half, which I found really hard," Martin Evans says. "I did not have the kid who went to sleep. You see those mothers who have that perfect kid who sleeps all the time, wakes up happy. I didn't have that kid. Neither did Fiona. We had high maintenance kids.

"But all the things that, at the time were frustrating are now really funny. Tragedy plus time equals comedy."

Martin Evans says the tone of the book is tongue-in-cheek, but she hopes parents — or even single people, who she says can, "use it as a birth control reminder" — will read the book and realize that they are not alone.

"I think different women will take away different things from the book," Martin Evans says. "The overarching theme, the best thing you can take away from it is, we're all in this together and it is so worth it. The very last drink in the book is the Kool Aid. It's like, drink the Kool Aid. It's worth it."

Put your money where the cash is

YOUR MONEY
Alison Griffiths
money@metronews.ca

I've previously written that the key to successful saving and investing was having a balance between equities (stocks), bonds and cash.

Several readers questioned the need for cash in a portfolio. Yes, interest rates are paltry, and likely to continue for some time, but during stock market turbulence any kind of positive return can be a lifesaver.

Cash plays four important roles in a financial plan.

1. Cash provides ballast

That's how my old friend Eric Kirzner professor of finance at the Rotman School of Business refers to the role of cash for investors.

When the market takes a dive, this stolid holding is still there providing a return.

In fact, there have been many times over the past 20 years when cash has performed better than equities. We all remember the stock market carnage of 2008 and 2009 — cash was king during those years. It was also the winning investment in 1981, 1987, 1990, 2001 and 2002.

Cash should play an important role in your financial plan. ISTOCK

2. Cash equals opportunity

Those with cash can swoop in and buy when the stock market swoons. Too often investors flee for the sidelines after a market crash. But the savvy folk use cash to buy good quality stocks at a bargain. Don't we all wish we'd done that in 2008 and 2009?

3. Cash is a rebalancing tool

Top money managers tell me that up to 60 per cent of the profit they generate comes from the process of returning a portfolio to its original allocation of equities, bonds and cash.

Having cash allows investors to tweak their portfolios and put more money into asset classes that are sagging.

This vital housekeeping discipline keeps a portfolio healthy, but without cash investors are forced to sell bonds or equities in order to rebalance.

4. Cash is an emergency saviour

When the car is kaput or the roof leaks, cash will bail you out. Emergency cash should be kept in a savings or Tax Free Savings Account for ready access. It's far better to have cash sitting there earning one per cent than be forced to pay four to 29 per cent on lines of credit or credit cards.

It isn't sexy but cash is absolutely the most useful saving and investing tool.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

LYRANDA MARTIN EVANS AND FIONA STEVENSON

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Authors

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Canadians can't be beat for three-peat

Northwest League championship series. Starting pitcher Robson shuts down Hawks as Vancouver wins series 2-1

CAM TUCKER
cam.tucker@metronews.ca

Ladner's Tom Robson pitches for the Vancouver Canadians in Game 3 of the Northwest League championship series against the Boise Hawks at Nat Bailey Stadium. CAM TUCKER/METRO

It could not have been scripted any better.

Tom Robson took the mound in the biggest game of the Vancouver Canadians' season and the hard-throwing pitcher from Ladner tossed a gem in front of the hometown fans at Nat Bailey Stadium.

He pitched into the seventh inning, allowing just three hits and no runs, helping the Canadians win their third consecutive Northwest League championship with a 5-0 victory over the Boise Hawks before a sold-out crowd of 5,157 fans at The Nat.

The Canadians won the final series 2-1.

They opened the scoring in the bottom of the third inning.

L.B. Dantzler, the Northwest League's most valuable player during the regular season, drove in a pair of runs on a drive to centre field that Boise outfielder Kevin Encarnacion misjudged, allowing the ball to go over his head and to the wall.

That allowed Andy Fermin to score, as well as Mitch Nay all the way from first base.

The Canadians, despite numerous chances, wouldn't cash in again until the bottom of the eighth inning.

Game 3

Canadians	Hawks
5	0

But in the end it didn't matter.

Robson settled into a groove, retiring 12 batters in a row through the middle part of the game.

Only Rony Rodriguez came close to putting a blemish on Robson's night.

The Hawks' right-fielder scorched a ball off the top of the left-field fence, nearly hitting one out of The Nat and getting Boise on the board.

Robson's night ended soon after.

Alonzo Gonzalez came into the game in relief and promptly struck out the first two batters he faced to end the threat.

The Canadians secured the championship and broke the game open with three runs in the bottom of the eighth inning.

NHL

Shinkaruk comes through in Young Stars finale

Hunter Shinkaruk had shown his speed and skill. All that had been missing over the weekend was his scoring touch, and he remedied that.

Shinkaruk, who the Canucks selected with the 24th overall pick in this year's NHL draft, scored on a late third-period power play, burying a shot on a loose puck to help give Vancouver's prospects a 2-1 win over the Winnipeg Jets prospects Monday in Penticton.

Shinkaruk also had an assist to finish the five-team tournament with four points.

At the conclusion of Monday's game, the Canucks announced that four players — forwards Adam De Champlain, Cain Franson, Philippe Maillet and defenceman Daniel Johnston — had been released.

The Canucks open training camp on Wednesday with fitness testing and medicals at Rogers Arena.

CAM TUCKER/METRO

U.S. Open

Nadal completes climb back to top

No. 2-ranked Rafael Nadal won his 13th Grand Slam title by edging No. 1 Novak Djokovic 6-2, 3-6, 6-4, 6-1 in a riveting U.S. Open final filled with lengthy points and fantastic shotmaking.

Nadal's victory Monday gave him a second championship at Flushing Meadows, and came a year after he missed the tournament with a knee injury.

THE ASSOCIATED PRESS

Lions not concerned with Pierce's past

Buck Pierce is relocating to B.C., and the team that beat him and the Blue Bombers in the 2011 Grey Cup game. JEFF VINNICK/GETTY IMAGES FILE

The B.C. Lions believe two things about the acquisition of quarterback Buck Pierce.

The first being that in Pierce — picked up from the Winnipeg Blue Bombers in a trade announced Sunday — they have added depth and experience at the quarterback position. The second is those qualities trump concerns of his injury-riddled past.

That past includes concussions, as well as shoulder, rib and knee injuries — all from devastating hits taken in his CFL career.

"I think it's clear that based on the role that we have for him, that's not going to be an issue," head coach Mike Benevides said.

"Certainly we know what the background's been and what's occurred, but right now we need someone to add depth, someone to be another voice, someone to be there for us if we need him."

Pierce will be a backup to starting QB Travis Lulay.

Last week, the Lions released third-string pivot Joey Elliott, facilitating the move for another player at that position.

Pierce returns to Vancouver having been a member of the Lions from 2005 to 2009.

He was released just a few months prior to the start of the 2010 season. His struggles to remain healthy were a factor in that decision.

That was then. This is now.

"The thing I'm banking on is he's a veteran guy that will come in and give us some depth," Benevides said.

"We're not banking on Buck coming here and being our saviour." CAM TUCKER/METRO

Horoscopes

♈ Aries
March 21 - April 20
A social invitation will come your way and you should snap it up. Life is too short to waste on things of no importance, including working for other people on projects you have no real attachment to.

♉ Taurus
April 21 - May 21
Recent struggles may have you down but there are still plenty of reasons to be cheerful. Life is full of joys and wonders — all you have to do is open your eyes and heart.

♊ Gemini
May 22 - June 21
You may be reluctant to start something new because you sense it is going to be tougher than you expected. You're right, it will. But if you give up now, you will regret it later.

♋ Cancer
June 22 - July 23
You sometimes find it hard to look on the positive side of life but over the next few days you will discover no end of reasons to smile. Remember: You are not a victim and life is what you choose to make of it.

♌ Leo
July 24 - Aug. 23
It seems you have an urgent need to feel accepted by people you work with. That could lead to you doing things that are not in your long-term interests. The best way to impress people is to be yourself.

♍ Virgo
Aug. 24 - Sept. 23
Why are you attaching so much importance to things that are not worth worrying about? You need to snap out of it and get your mind back on track — the one that leads to your dream.

♎ Libra
Sept. 24 - Oct. 23
What others say can't be done, you will do just for the fun of it. If you focus your energy in one direction, you'll achieve something that amazes.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much if your temper gets the better of you and you snap at someone you love. Your solar chart indicates that by this time tomorrow you will be best buddies again.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to focus on an activity that involves you on every level — mental, physical, emotional. If you put everything you've got into what you do today, the results will be spectacular and highly profitable too.

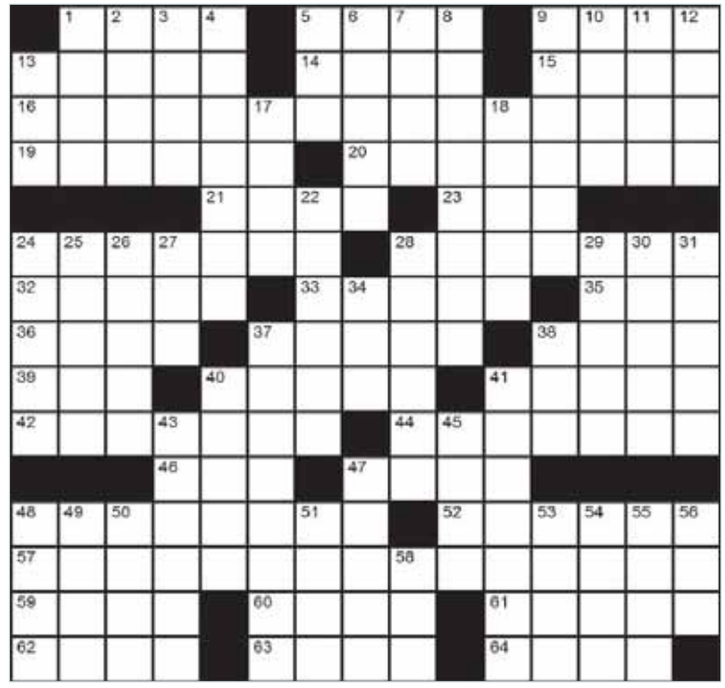
♑ Capricorn
Dec. 22 - Jan. 20
Anything of a creative nature will go well over the next few days, so give yourself permission to dream and let your inner compass guide you in the right direction.

♒ Aquarius
Jan. 21 - Feb. 19
Force yourself to enjoy what you have to do today, even if it isn't your first choice or your second. It will go better than expected and you can reward yourself by indulging in what you do enjoy this evening.

♓ Pisces
Feb. 20 - March 20
Go somewhere you have never been before. Do something you have never done before. The planets suggest you can afford to be adventurous. In fact, you will regret it later if you stay too close to home now. SALLY BROMPTON

Crossword: Canada Across and Down

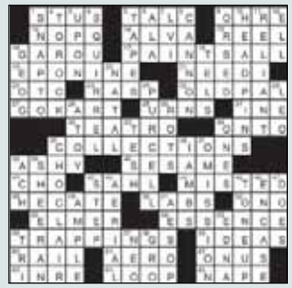
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Etna extraction
5. Outline
9. Be in need of Gold Bond
13. Not-leaving prisoner
14. Berry found in the Amazon Rainforest
15. Intl. alliance created in 1949
16. People on Blackberrys, for instance: 2 wds.
19. Run off the track
20. Herman __ (Novelist of Moby-Dick; or, The Whale)
21. Certain
23. South: French
24. Coleslaw's content
28. Discharge
32. The Hunter constellation
33. __ Kea (Site of observatories in Hawaii)
35. The Pacific __
36. Prefix meaning 'Self'
37. Teachers of yore
38. Like an owl
39. Some radios, e.g.
40. Fashion mag
41. Cut
42. Cushy barn section
44. Most times
46. Cartoon fight sound effect!
47. "I'm Yours" singer Jason
48. Passage-hindering war tactic
52. Acadian dish of grated potatoes, __ Pie
57. Medieval-inspired futuristic cartoon series of yore in Canada: 3 wds.
59. Entr'__ (Theatrical interlude)
60. Stretched tight
61. Effort to achieve a goal
62. Filmed a movie
63. The Beatles' Pepper, et al.
64. Guesses [abbr.]

Down
1. Green hue
2. Way over yonder
3. Waitress on "Alice"
4. Craftsperson
5. "Well, __-di-dah!"
6. Green Day's "When _ __ Around"
7. Pony's pride
8. They measure television viewership
9. Newsmagazine show, "__ Edition"
10. Unit of weight in China
11. Keyboard key
12. Outdoor tap hookup
13. John Lennon's unintended acronym
17. Socket's insertee
18. Droplet-looking throat part
22. Outfit the boat with a new sail-support, say
24. Sports team leader
25. Popular island retreat
26. Itsy-__
27. Scarer's sound!
28. "__ Has It" by Adele
29. Princess in "The Little Mermaid" (1989)
30. __ rug
31. Manicure board
34. Get weapons
37. Canadian brothers band, The __
38. "Huh...?"
40. "Twistin' the Night Away" by Sam __
41. Leonard Cohen song title lady
43. Necklace's storing-little-things piece
45. Wrapped garment
47. "You know you gotta help __ ___..." - The Killers
48. Arm: French
49. __ Ness Monster
50. Eight: Prefix
51. Burden
53. Greek letters
54. Station
55. Promissory notes
56. Mr. Asner's
58. "Holding Out for a Hero" singer ...her initials-sharers

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9			3	7				1
	6					8	3	
	8			1	2			4
					6			8
		5				4		
7			5					
3			2	9			4	
	9	1					2	
6				5	1			9

Yesterday's Sudoku

9	6	8	4	7	3	5	2	1
2	7	4	6	1	5	3	9	8
3	1	5	2	8	9	4	7	6
4	3	1	8	9	2	7	6	5
5	8	9	3	6	7	1	4	2
6	2	7	1	5	4	9	8	3
8	9	6	5	4	1	2	3	7
7	5	2	9	3	8	6	1	4
1	4	3	7	2	6	8	5	9

Today
22°/17°
Sunny

Wednesday
25°/17°
Sunny

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Check the 14 day trend.
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Metropolis at Metrotown
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Lynn Valley Centre
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